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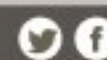
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'FIVE YEARS IS A LONG TIME FOR ANIMALS TO SUFFER'

Animal rights activists react to sunset ban on commercially bred kittens and puppies at Ottawa pet stores

metroNEWS

ISTOCK

Skydiving accident investigated

NEAR-FATAL

Safety report cites lack of emergency training



Haley Ritchie
Metro | Ottawa

Investigators from Quebec's workplace safety body said Monday that a parachute complication and a lack of emergency training contributed to a near-fatal skydiving accident in Gatineau in July last year.

The July 8 accident left 22-year-old instructor Carolyn Breton in hospital with two broken legs and a serious concussion. She had been tandem jumping with a 45-year-old male client, who was also badly injured from the crash.

The report said that the tan-

dem jumpers were in the air for 49 seconds before Breton released the reserve parachute, which didn't deploy properly.

The two skydivers started to gain speed while spiralling downward. Breton had only seconds to try and correct the parachute before they both hit the ground.

Investigators couldn't find out what caused the problem and said the equipment was in good working order.

The Commission de la santé et de la sécurité du travail will not fine GO Skydive, the Ottawa-Gatineau company that organized the jump.

It does recommend that instructors receive more rigorous training on emergency manoeuvres. GO Skydive put out a statement Monday saying it will comply.

"The points raised in this report will be taken seriously in order to improve their practices," reads the release.

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5

THINGS TO SEE DURING THE UPCOMING CSArt SEASON

CSArt has announced its 2016-17 season. If you're one of the first subscribers to help fund the season, you can receive perks from local Ottawa artists. Here are the five things you'll get to experience, and the five perks you can grab if you're quick enough.

Ashley Moffatt
For Metro | Ottawa

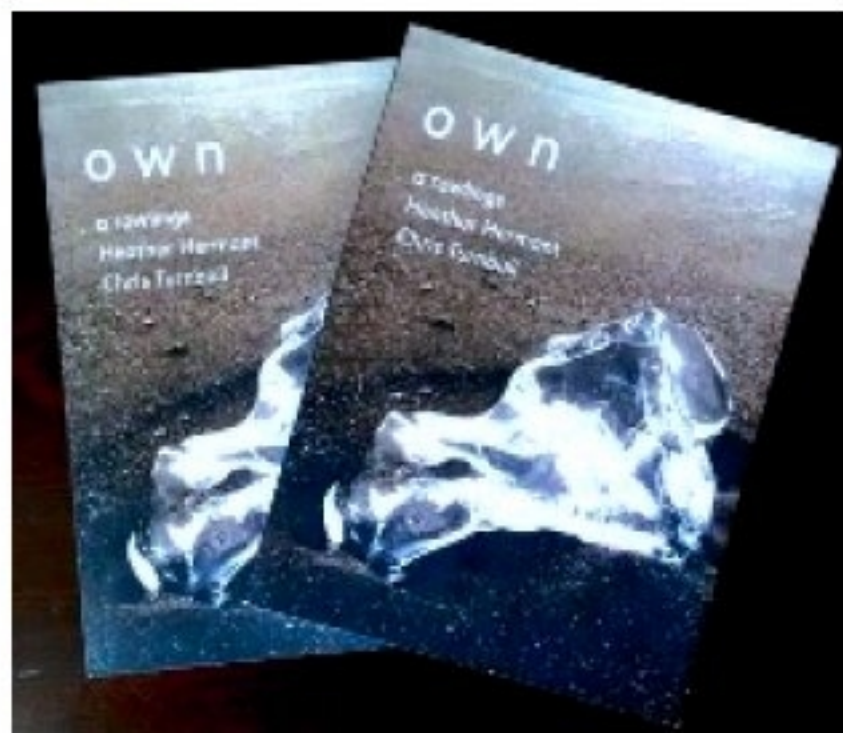
1 All-access pass

A full subscription to CSArt's full program is \$400. CSArt aims to make it like a theatre season where various artists from different corners of the art world get to interact with Ottawans in various different ways. Many of the shows allow their attendees to leave with a piece of art that they can take home with them. **iStock**



2 Poetry book by Chris Turnbull

The first four people to donate \$25 will be given a book of poetry by Chris Turnbull. During CSArt's upcoming season, Turnbull will take subscribers on a nature note walk. Turnbull has been placing poems by Canadian artists in parks, and trails. **CSArt**



4 PepTides double album

With a donation of \$30, you'll be sent a copy of the PepTides' two-CD set. The PepTides are a Canadian pop group that put on elaborate live performances. The two CD set is called "love question mark," and explored the different concepts of love. During the CSArt season, subscribers will get to see the band in action. They will also be performing at this year's Bluesfest. **CSArt**



3 Ink drawings by Mark Stephenson

If you're one of the first three to donate \$120, Ottawa artist Mark Stephenson will send you one of his pen-and-ink drawings. During the CSArt season, Stephenson is unveiling a large interactive piece of art that he will dismantle at the end of the season. Participants can then take a piece of the art home. **CSArt**

5 Perfect pottery

Susie Osler is an Ottawa-based ceramics artist. The first three people to make a donation of \$50 can receive one of her art pieces. During CSArt's season, she is also hosting a night of pottery and poetry. Subscribers can come and make pottery and listen to poetry, all while being fed. **CSArt**



Transit guru to speak in city

TRANSPORTATION

Event part of expert Janette Sadik-Khan's book tour



Emma Jackson
Metro | Ottawa

Ecology Ottawa may have to find a larger venue after more than 650 people signed up to hear from New York's cycling and pedestrian goddess.

Janette Sadik-Khan, former New York City transportation commissioner, is coming to Ottawa's Horticulture Building April 27, although that may change if interest continues to grow.

Without even advertising, hundreds of people have already RSVP'd to Ecology Ottawa's free event, which is part of Sadik-Khan's North American book tour promoting *Streetfight: Handbook for an Urban Revolution*.

"It's great to see such interest in Ottawa for reimagining our city and improving our public spaces," said Liz Bernstein, event organizer and co-founder of the environmental non-profit group.

There's a reason Sadik-Khan is creating such a buzz.

She's a household name among urban planning wonks, largely because she's credited with transforming New York City's notoriously jam-packed Manhattan streets into inviting spaces for pedestrians and cyclists.

Beginning in 2007, she used low-cost solutions like paint, signs and planters to reclaim road space for cyclists and pedestrians, while at the same time improving bottom lines for local businesses and, miraculously, reducing gridlock. And the changes happened fast.

With the support of former mayor Michael Bloomberg, Sadik-Khan and her team more than



No city in the world has more quickly and prominently transformed its streetscape to encourage pedestrians and cyclists to reclaim road space than New York City did under former mayor Michael Bloomberg and his transportation czar, Janette Sadik-Khan. JASON DECROW/THE CANADIAN PRESS FILE

doubled the miles of bike lanes on New York streets. By the time she left in 2013, that count had multiplied tenfold.

But the transformation of Broadway Street and Times Square into a pedestrian safe haven is considered her true miracle work. Using paint to remove car lanes and limit turning, she "produced pedestrian space and breathed new life into neighbourhoods," Sadik-Khan wrote in *Streetfight*. Once the benefits were proven, the city made the changes permanent.

And parts of the road were closed to traffic entirely, including at Times Square, operating on the theory that the pedestrian plazas would actually reduce congestion.

It worked.

"Overnight, centuries-old roads

turned into pedestrian oases atop space that had been there all along, hidden in plain sight," Sadik-Khan wrote. "New York City proved to itself, the nation, and the world that almost everything that was assumed about how urban streets operate was wrong."

In Ottawa, the same kind of "urban revolution" is slow-going, Bernstein said.

Cycling and pedestrian infrastructure, while growing, should get more space in the city's budget, Bernstein argued.

The city's cycling plan is worth about \$70 million, for example, and will be funded over the course of 15 years. But a road-widening project can cost that much in a single go, Bernstein said.

"Fifteen years is a long time to ask cyclists and pedes-

trians to wait," she said.

Somerset Coun. Catherine McKenney contended that Ottawa is a leader in Canada when it comes to cycling infrastructure. But she said more work needs to be done to reallocate road space to all modes of transit.

"If we can think of a road as public space, the whole thing from property line to property line, what do we need for pedestrians, for cyclists, for transit? What's fair?" McKenney said.

Bernstein hopes Sadik-Khan's visit will inspire faster, more creative investment in Ottawa's active transportation network.

"She was able to do a lot with a little," Bernstein said. "If they can do it in New York, why can't we do it in Ottawa?"

To RSVP, visit ecologyottawa.ca.

+ JANETTE SADIK-KHAN

So, what did Sadik-Khan accomplish while serving as commissioner of transportation in New York?

- Under her watch, miles of bike lanes on city streets doubled in a year from 29 miles in 2006 to 63 in 2007. By 2013, another 254 had been added to the network.

- She introduced the Neighborhood Slow Zone program, which reduced speed limits from 30 miles per hour to 20 m.p.h., to more than a dozen New York neighbourhoods.

Pedestrians have a 95 per cent chance of survival if hit at 20 mph, Sadik-Khan said.

- She made Times Square pedestrian friendly with broad plazas along Broadway Boulevard between 42nd and 47th Streets. The change reduced gridlock and improved foot traffic to local businesses.

- More than 150 wayfinding signs and maps have been installed around New York, to help pedestrians find their way around.



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Pet shop bylaw raises ire

CITY HALL

Committee OKs motion for five-year sunset ban



Lucy Scholey
Metro | Ottawa

Dozens of animal rights activists were calling for an outright ban on the sale of commercially bred kittens and puppies at city hall on Monday.

In a marathon community and protective services committee that attracted almost 40 delegates to the microphone, councillors heard an earful from pet store owners, humane society advocates and average dog owners on a controversial pet shop bylaw amendment.

At the end of the debate, which was emotionally charged at times, animal rights activists did not win the immediate ban they were calling for.

Instead, committee members approved Coun. Mark Taylor's motion on a five-year sunset clause that would force pet store owners to stop selling commercially bred cats and dogs within that time frame. Taylor does not sit on the community and protective services committee, so Coun. Mathieu Fleury introduced the motion on his behalf.

Only three Ottawa pet shops sell commercially bred animals. The other 13 licensed shops house cats and dogs from animal shelters, humane societies or rescue centres. City staff initially recommended that those three stores be grandfathered into the amended pet store bylaw, on the condition that their animal sources are subjected to annual inspections from Ontario and Quebec authorities.



The community and protective services committee voted to put a motion to council that would force pet store owners to stop selling commercially bred cats and dogs within five years. ISTOCK

Wearing "support the ban" tags, dozens of people showed up to protest the city hall bylaw amendment. The committee room was packed, with an overflow in the hallway outside.

Eileen Woodside, founder of Puppymill Awareness Working Solutions (PAWS), said Taylor's proposal still falls short.

"Five years is a long time for animals to suffer in a position of unethical, irresponsible breeding practices," she said. "Typically, pets in pet stores are a result of supply and demand, so dogs are bred every heat cycle. That's twice a year, which means the mother dogs never get a break."

Coun. Jeff Leiper, who does not sit on the committee, tried to get councillors on side with a stricter ban — one that would force the three pet stores to adjust within six months and the

other that includes a ban on the sale of rabbits. They both failed.

Valerie Bietlot, who's on the city's legal team, said an outright ban on the sale of commercially bred animals in these pet stores could be seen as "irrational or in bad faith." There is scant evidence to prove that pet stores sell animals bred in mills or other questionable sources, she said.

Karen Greenberg, co-owner of Little Critters pet store at the Billings Bridge Shopping Centre, said it is "hurtful, wrong-headed and insulting" to accuse all pet stores of selling puppies and kittens from mills.

"This notion is based on hearsay and misguided opinions put forward by a small vocal animal activist group who we feel are engaged in a campaign of harassment against legitimate, law-abiding businesses that



Angela Cowan, of animal rights group The Social Network, addresses the community and protective services committee on Monday. LUCY SCHOLEY/METRO

are a part of the solution, not the problem," she said.

Greenberg said her store relies on the sale of commercially bred animals, which she said are sourced from ethical breeders.

Coun. Catherine McKenney, who also does not sit on the committee, said an immediate ban "would signal to the public

that we are serious about the welfare of the animals."

Leiper, Taylor and McKenney will get a vote on the pet store bylaw amendment when it goes before council as a whole.

Meanwhile, Woodside said her group would work on trying to convince councillors to shorten the sunset clause to two years.

ARTS

Shining a light on ballet

It's an unprecedented trifecta at the National Arts Centre — three composers and three choreographers in three acts.

The NAC is celebrating Canada's 150th anniversary next year with a first-of-its-kind trio of ballet-orchestral collaborations.

Entitled "Encount3rs," the NAC has commissioned three creative teams to produce one act each. Ballet BC's Emily Molnar is paired with Saskatchewan native Nicole Lizée, Alberta Ballet's Jean Grand-Maitre with Alberta composer Andrew Staniland and National Ballet choreographer Guillaume Côté with composer Kevin Lau.

"It's a natural fit," said Cathy Levy, executive producer of NAC Dance. "Choreographers are always wanting to work with music and what a great treat for them to be able to work with original music."

The 2016-2017 NAC Dance lineup, announced on Tuesday, includes 37 performances of 16 dance events. Of that, there are four Canadian exclusives and five companies making their NAC debuts.

This upcoming lineup is also meant to "shine a light" on Canadian artists who have made names for themselves outside the country, said Levy. For example, Québécois dancer Eric Gauthier, who founded Gauthier Dance in Germany, is making his NAC debut with a mixed program in March 2017.

Another highlight is the Shanghai Ballet, which is returning for the first time since 1989.

Acclaimed choreographer Crystal Pite, who recently showcased collaborative piece *Betroffenheit* at the NAC, is also returning with "A Picture of You Falling" duet.

Ticket packages are on sale now. LUCY SCHOLEY/METRO

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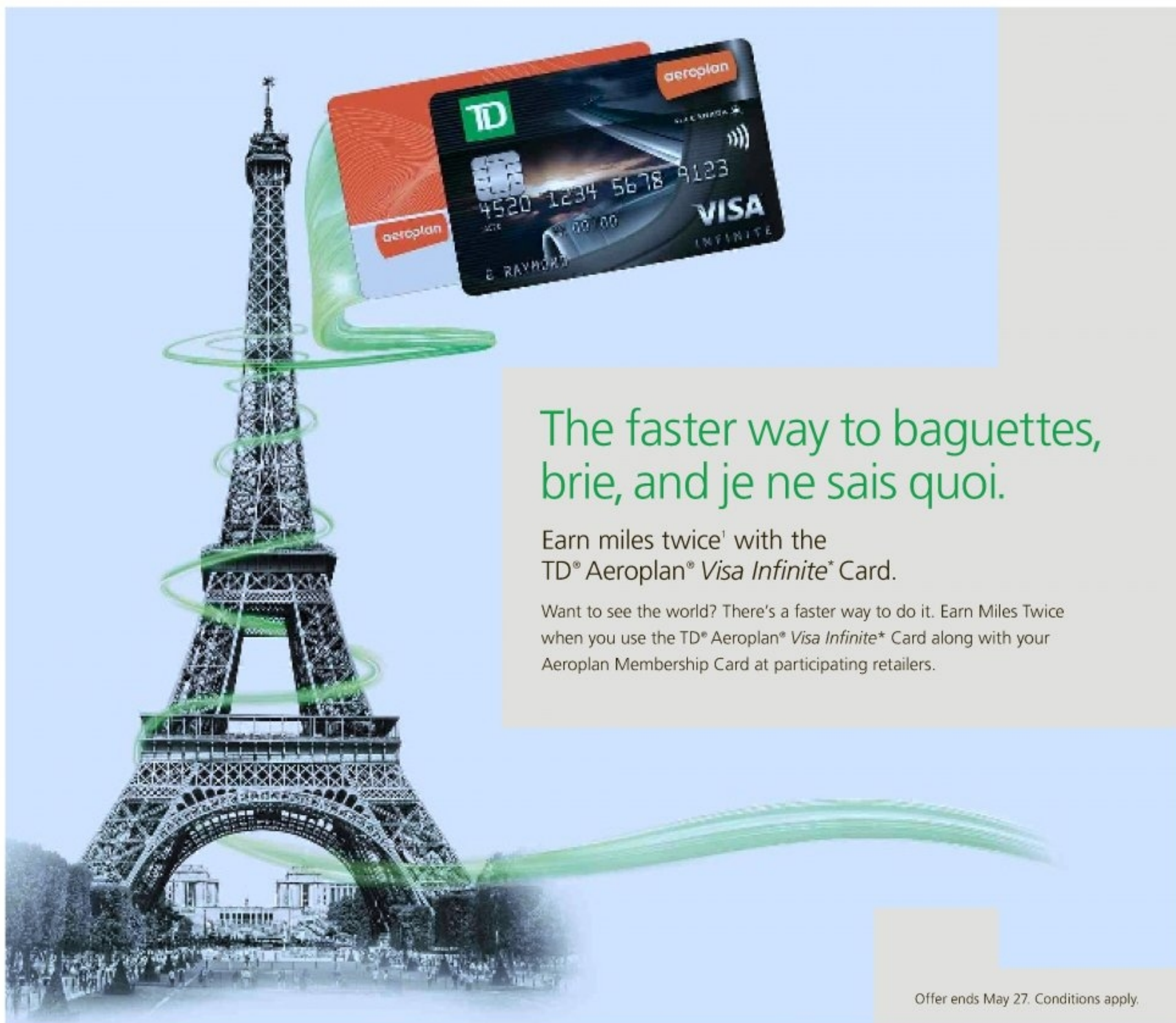
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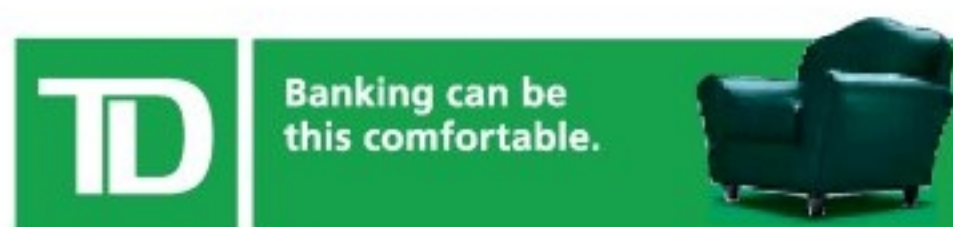
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Consultation for budget a 'sham'

PROVINCIAL POLITICS

Leaders argue translation proves file was set in stone

Ontario's 2016 budget was sent to translators before public consultations were finished — which the opposition parties say is proof the process of seeking input was really a "sham" and a "charade." The Feb. 25 budget came much earlier than any budget in recent memory, with the previous three introduced in April or May.

That meant that when the Liberal government's public consultations wrapped up at the end of January, only a few weeks were left until the budget was tabled in the legislature.

The all-party finance committee, which heard pre-budget submissions from people across the province, is still in the process of completing its report.

The opposition members of

the committee took Finance Minister Charles Sousa to task when he appeared before them Feb. 2.

Progressive Conservative Julia Munro charged that the budget was already finished.

"Minister, with all due respect, it is clear you won't be considering any of the advice, tips or requests we have received from presenters," she said.

Progressive Conservative Leader Patrick Brown said Monday those consultations cost money and shouldn't be a "charade."

NDP Leader Andrea Horwath said the initial translation date shows the consultations were a "sham."

"They had no intention of listening to what anybody had to say," she said. "They had their plan already figured out."

The initial translation of preliminary budget drafts began on Jan. 27 this year, the Ministry of Finance said.

"This translation process then continues throughout the development of the budget as policy and fiscal decisions are made and chapters receive their

final approval," spokesman Scott Blodgett said in an email. The final version was sent to the printers on Feb. 20.

Sousa said the budget was not "locked in" until that final version was complete.



They had no intention of listening.

Andrea Horwath

"Nothing was finalized until long after all these consultations were made," he said Monday. "We took advantage of many of those discussions."

The budget is a "living document," and work begins on the next budget the day after the previous one, he said. Sections based on figures from Statistics Canada and global economic conditions are already "embedded," and as edits happen, translations get updated, Sousa said.

THE CANADIAN PRESS



Minister of Finance Charles Sousa shows off last month's Ontario budget to the Opposition benches as Premier Kathleen Wynne cheers him on. RICK MADONIK/TORSTAR NEWS SERVICE

THERE'S NO PLACE
LIKE HOME?

Schitt's
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TONIGHT | 9PM





An ORNGE air ambulance TARA WALTON/TORSTAR NEWS SERVICE

Fly-by-night deal blasted

KICKBACKS

Tories call Ornge's lease from Italian firm 'shady'

Ontario's Opposition said Monday that there was something "shady" about a move by the Ornge air ambulance service to lease a helicopter from an Italian firm under investigation in a kickback scandal.

It's been four years since police started investigating a web of companies set up by Chris Mazza, the former head of the Ornge air ambulance service, and allegations of kickbacks in the purchase of nine helicopters from AgustaWestland.

The Progressive Conservatives pounced Monday on word that Ornge was about to sign a new lease deal to rent another helicopter from AgustaWestland's parent company, Finmeccanica, S.P.A.

"I can't believe they're letting the fox back in the hen house," said Progressive Conservative Leader Patrick Brown.

Brown rejected the government's claims that only AgustaWestland had the right type of helicopter for lease, saying a quick check on Google found 29 similar aircraft were available.

"There is only one word to describe Ornge's new deal with AgustaWestland, and that's 'shady,'" he said.

Health Minister Eric Hoskins said the leased helicopter will replace two aging Sikorski choppers used as air ambulances out of Moosonee, and will match the rest of Ontario's air ambulance fleet from AgustaWestland.

Ornge said it'll be easier to have pilots all flying the same helicopters instead of having two old Sikorskis when the rest of the fleet was AgustaWestland AW139s.

THE CANADIAN PRESS

CONDUCT

Board votes for investigation into chief



After mounting pressure from the union representing Ottawa police officers — whose frustration made headlines last week — the Ottawa Police Services Board voted Monday night to have an independent oversight agency probe the conduct of Chief Charles Bordeleau.

The unexpected vote came at

the tail end of a regular board meeting that was anything but ordinary. About 20 plainclothes officers filled the rows in the public gallery anxious to hear what the chief had to say.

However, they didn't stay long enough to see the seven-member civilian board vote to have the Ontario Civilian Police Commission investigate Bordeleau's conduct surrounding his call to the provincial offences court on Jan. 25 to ask

for the name of the prosecutor assigned to handle his father-in-law's traffic ticket.

The vote came during the board's first meeting since that incident and amid calls from the Ottawa Police Association for greater oversight among the top brass at Ottawa police.

Before the vote was held, Bordeleau in his verbal report denied accusations he misled the board about a report recommending private security

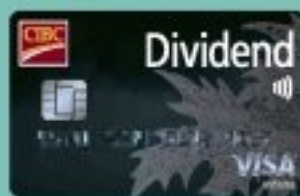
protect the Ottawa courthouse and denied wrongdoing in the traffic court case.

"I have in no way influenced the outcome of the ticket issue with my family member," said Bordeleau.

Coun. Eli El-Chantiry also faced criticism from the union that he was not doing his job as chair of the police board and from officers who were upset that he suggested morale was not a force-wide issue.

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PRISONS

Ontario jails to hire 2,000 officers over three years

Ontario is hiring 2,000 correctional officers over the next three years amid what critics call a crisis in corrections. Correctional Services Minister Yasir Naqvi says the new hires will increase staffing levels in jail, enhance access to rehabilitation and reintegration programming,

and strengthen mental health supports. The province says it has hired 710 correctional officers since 2013.

Guards, unions and opposition politicians have said Ontario's correctional facilities are understaffed to the point that it is jeopardizing guard and inmate safety.

THE CANADIAN PRESS

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Bottled water ban on Montreal's list

ENVIRONMENT

Industry wants city to consider recycling as a better solution

A passing mention by Montreal's mayor that plastic-bottled water is next on the city's environmental to-do list has caught the industry's attention.

After moving to ban plastic bags by 2018, Mayor Denis Coderre hasn't announced any firm game plan on the bottle issue. "But the debate is important," Coderre said recently. "We need to have that debate on plastic."

The Canadian Beverage Association, which represents major players such as Coca-Cola, Pepsi Co. and Nestle, has hired a lobbyist to deal with the city.

"We don't think banning (bottled) water is a solution," says Martin-Pierre Pelletier, suggesting a ban would only deprive residents of choice.

Pelletier said the perception that people favour bottled water over the tap variety isn't accurate, noting 91 per cent of those who drink bottled water reach for the tap at home.

An industry finding shows two-thirds of adults who buy bottled water do so instead of another packaged beverage.

"Bottled water isn't in competition against tap water, it's in competition against other beverages," he said.

The industry wants the city to favour a recycling solution.

According to the Canadian Bottled Water Association, the national recycling rates for plastic beverage bottles was about 72 per cent. Executive director Elisabeth Griswold says the group considers anything less than 100 per cent unacceptable.

The plastic bottles are made

of polyethylene terephthalate (PET), which is completely recyclable and reused in making water bottles, Pelletier said.

"Instead of banning a product that is healthy, useful, we believe we should spend our time and efforts in building up public space recycling," he said.

More than 80 Canadian towns and cities restrict the use of bottled water, including Montreal. Most involve activities in municipal buildings but in Toronto it extends to parks, facilities and civic centres.

Many post-secondary institutions also do the same.

In 2013, Concord, Mass., came out with a bylaw banning the sale of one-litre bottles of water or less in that community and is believed to be the first U.S. community to have done so.

THE CANADIAN PRESS



ISTOCK



Apple VP Greg Joswiak unveils the new iPhone SE in California on Monday. GETTY IMAGES

Apple unveils smaller iPhone

Apple unveiled a small new iPhone, a new iPad tablet for business use and knocked \$50 US off its Apple Watch at a product event Monday. The announcements, which were largely expected, aim to keep up the company's commercial momentum in the face of unexpected challenges.

The new phone — the iPhone SE — is an upgrade to the older, four-inch iPhone 5S, released in 2013. It's aimed at consumers who haven't sprung for the bigger-screen iPhone 6 models that Apple introduced over the last two years. The new phone comes with features like Apple Pay and the company's fastest processor, which have previously been offered only on versions of the iPhone 6.

Apple also unveiled a smaller model of the iPad Pro, which

the company introduced last year with several features — like a detachable keyboard and stylus — designed for business users. The Apple Watch, which has yet to win a big following, got a price cut. It will now start at \$299 US and will also come with new wristbands.

The iPhone SE might not see the kind of blockbuster demand that Apple enjoyed with its large-screen iPhone 6 and 6S models, according to several financial analysts, but it could help Apple boost overall sales. It might also draw some additional users into the market for Apple's online services, including Apple Music, Apple Pay and the highly profitable

mobile App Store.

While shoppers bought a record 74.8 million iPhones in the final three months of 2015, Apple has signalled demand in the current three-month period will fall short of the 61 million iPhones sold in the January-March quarter last year.

The iPhone SE will sell for \$399 with no cellular contract, significantly lower models.

The smaller phone may appeal to some shoppers, especially in overseas markets, who want a premium phone at lower cost. It could also draw interest from owners of older iPhone 5 models who find the larger models unwieldy.

THE ASSOCIATED PRESS

\$399

The price of the iPhone SE with no cellular contract. Larger iPhone models list at \$549 US or more.

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MARIJUANA

Alberta liquor stores looking at pot sales



Samantha Power
For Metro | Edmonton

Even before Alberta Finance Minister Joe Ceci jokingly suggested retail pot sales go to liquor stores last week — which he quickly retracted — the Alberta Liquor Store Association says it was asking its members about the idea.

"We started the conversation back last year when the new federal government had a policy of legal marijuana," said Ivonne Martinez, president of the association.

No clear sales model has emerged following legal marijuana in the U.S.: Washington's market is supervised by the Washington Liquor Con-

trol Board, while Colorado's is monitored by the Marijuana Enforcement Division of the Department of Revenue. Colorado allows for retail distribution alongside medicinal marijuana, while Washington's laws prevent that integration.

But in Alberta, the possibility of a legality change is seeing many prepare.

Martinez said ALSA members are being asked about the idea through a formal survey and direct conversations with store owners, and results should be known at the end of April.

She added her hope is the association will develop a preliminary policy position on retail pot sales in its member stores that reflects member needs, and then to take that position to government.

IN BRIEF

Valeant CEO quitting
Quebec drugmaker Valeant Pharmaceuticals announced a shakeup Monday that will see CEO Michael Pearson leave following a succession of setbacks that have hammered its reputation and sapped its stock value. THE CANADIAN PRESS

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DOLLAR 76.42¢ (-0.28¢)
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NATURAL GAS: \$1.828 US (-7.9¢)
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Border wall splits voters

POLITICS

Residents near the U.S.-Mexico divide react to Trump's plan

Donald Trump's ambitious plan to build a giant wall on the border with Mexico hits close to home for many people. As the presidential contest shifts to Arizona and its Tuesday primary, Trump's wall stirs up a range of emotions among border-area residents.

Reporters interviewed people who live on the border to get their perspective on Trump's border wall plan:

BACK AGAINST THE WALL

For Jim Chilton, illegal immigration and drug smuggling isn't just something he hears about on the news: He lives with it every day as smugglers routinely cross the border on his property.

"We need a wall. We need forward operation bases. We need Border Patrol to be down there all the time," Chilton said. "We just need to secure that international boundary at the border, period."

BOTHERED IN BISBEE

Artist Kate Drew-Wilkinson lives in Bisbee, Ariz., where she owns a gallery a few miles north of the border. Drew-Wilkinson opposes

Trump and his wall proposal, saying he's a bully who is dangerous to the United States.

"I don't think he has a real understanding of the geography or the sheer difficulty of building a wall of that kind," said, Drew-Wilkinson. "And it's ugly. The whole thing is really ugly."

A SOLID FOUNDATION

John Ladd is a cattle rancher whose roughly 15,000-acre ranch abuts the border near Naco, Ariz. Ladd simply likes that Trump has been talking about illegal immigration since the beginning of his campaign.

"That really rang a bell with me and a lot of the ranchers, that finally we had somebody in the political arena that wasn't worried about being politically correct and talked about the problem that is actually happening," he said

CONFLICTED REPUBLICAN

Hector Orozco manages a manufacturing company south of the border with offices on the American side. He is also an immigrant from Mexico who became a U.S. citizen and traditionally voted Republican.

But Orozco said he can't get behind the party. "It's like they're trying to distract us from the bigger problems," he said. "(Illegal immigration) is a problem, but it's not the biggest problem."

THE ASSOCIATED PRESS



INDIA THE FUTURE IS BRIGHT

Indian Hindu widows throw flower petals during Holi celebrations at the Gopinath temple, 180 kilometres southeast of New Delhi, India. A few years ago this joyful celebration was forbidden for Hindu widows.

Like hundreds of thousands of observant Hindu women they would have been expected to live out their days in quiet worship, dressed only in white, their very presence being considered inauspicious for all religious festivities. MANISH SWARUP/THE ASSOCIATED PRESS

VACATIONS

Canadians hit Cuba ahead of U.S. tourists



As Cuban-American relations continue to thaw, a Canadian travel agency says travellers from this country are hoping to hit the beaches before changes for American travellers take hold.

"No one knows at this point what those changes are going to represent in terms of Canadian travellers vacationing there, but there's certainly a sense of wanting to get in before it does," says Blair Jarrett,



No one knows at this point what those changes are going to represent in terms of Canadian travellers. Blair Jarrett, Maritime Travel

Halifax-based Maritime Travel senior director of marketing.

While travel to Cuba for tourism is still technically banned for Americans, President Barack Obama's administration has continued to ease up on restrictions.

Since last year, Americans have been able to travel to Cuba under 12 categories including family visits, religious activ-

ities, and educational activities. Before last week, people travelling for educational purposes had to travel in authorized tour groups, but now they'll just have to fill out a form saying they're not going to Cuba just to drink on a beach.

"I think there's quite a bit of red tape and quite a bit of organizing that has to happen before Americans start arriv-

ing in droves at the all-inclusive resorts," said Jarrett in an interview Monday, though he acknowledged that is bound to affect prices eventually.

Jarrett said Cuba has long been a preferred destination for Canadian travellers, with more than one million annual bookings, but this year, it's been even more popular.

"There's certainly a fondness there, and for people who love that, or even maybe have not been before, there's a certain charm and a certain character that they would like to experience in case it might change moving forward," he said.



Jim Chilton supports the wall and doesn't go anywhere on his Arizona ranch without his guns at the ready in case he encounters armed smugglers.

BRIAN SKOLOFF/THE ASSOCIATED PRESS

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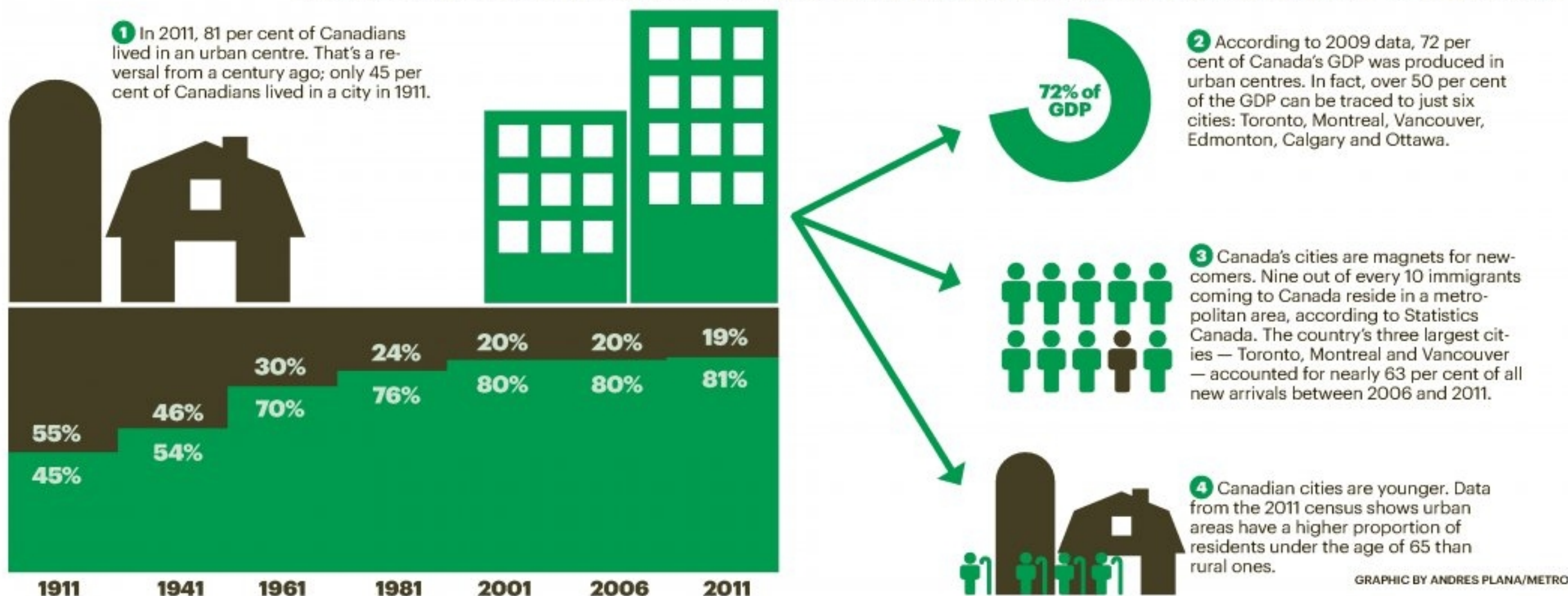
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THE 2016 FEDERAL BUDGET

Rise of Canada's cities

Luke Simcoe
Metro | Toronto

The Liberals are billing Tuesday's big budget reveal as a step forward for cities and are expected to announce funding for much-needed municipal projects such as transit and housing. But why all the attention — and money — for our big cities? Experts say it's because Canada, like other countries, has become a truly urban nation, and Ottawa is finally taking notice.



REFUGEE RESETTLEMENT

Canadian plan a model for the world: UN

Canada's use of both government and private sponsors to help Syrian refugees resettle is a model that should be exported around the world, the head of the United Nations refugee agency said Monday.

Canada was the first of what's still only a handful of states which allow private groups to take on the costs and obligations associated with refugee resettlement and it's an approach that ought to be tried elsewhere as the flow of displaced people from the Syrian

civil war and other conflicts continues, Filippo Grandi said.

"It adds more places for resettlement, but it also contributes to create this sense in civil society that it is a positive thing to do," Grandi said of the private sponsorship program in an interview.

He spoke ahead of a day of meetings with senior government officials, including Immigration Minister John McCallum, who will be a keynote speaker at the UN High Commissioner for Refugees' summit

on the Syrian crisis in Geneva next week.

Grandi is asking states to take in about 10 per cent of the estimated 4.2 million people who've become refugees from the Syrian civil war.

The Liberal government had committed to taking in 25,000 government-assisted refugees by the end of this year and have about 8,000 more to go towards that goal. But they have not set a firm number for how many Syrians they will admit through the private system.

McCallum had previously said Canada could absorb 35,000 to 50,000 Syrians.

"You won't hear a number from me today," he said.

"As our behaviour suggests, we are committed to the idea of refugees."

Under the Liberal program to resettle 25,000 Syrians by the end of last month, about 8,976 were privately sponsored and a further 2,225 were sponsored by a program that blends private and government support.

THE CANADIAN PRESS



Syrian refugee children play with playdough during a playgroup organized by Ottawa Community Health Centres to provide early childhood education development services.

JUSTIN TANG/THE CANADIAN PRESS

POLITICS

Ex-Toronto mayor Rob Ford in palliative care



Rob Ford TORSTAR NEWS SERVICE

Rob Ford's family is trying to make him as comfortable as possible as he continues to battle cancer in palliative care at Toronto's Mount Sinai Hospital, his office has confirmed.

"Family members have been with him around the clock," said Ford's brother and former city councillor Doug.

"I have been at the hospital for the last five days and nights by his side."

"Rob is a fighter and continues to fight. We are so

grateful for all the support for him from all over the world. It is incredible!"

The former mayor's condition hasn't changed since Thursday, when his office put out a statement. Palliative care is typically defined as health care for those facing life-threatening illness.

By Monday afternoon, more than 6,400 messages of sympathy have been posted to a site set up by his family, GetWellRobFord.com.

"Dear Rob: I've always ad-

mired your 'authenticity' & your down-to-earth humanity," wrote one user, C. Lee. "I'm sure it's not easy as your traverse this difficult passage but try to stay strong & positive."

Ford, who dropped his mayoral reelection campaign in 2014 due to illness and was diagnosed with pleomorphic liposarcoma, was readmitted to hospital last fall after doctors found tumours on his bladder.

TORSTAR NEWS SERVICE

EXPENSE SCANDAL

Arbitrator slashes owed amounts of 10 senators

One senator stayed overnight in Toronto to have breakfast with a reporter — seven times. Another repeatedly spent an extra day at a ritzy Fredericton hotel just in case constituents wanted to meet, but there's no evidence they did.

None of those flagged expenses should have been charged to taxpayers, a former Supreme Court justice said Monday.

Ian Binnie chalked the problem up to the senators' own

lack of knowledge about the rules governing their spending.

"That is the source of 80 per cent of the problems I dealt with: senators mixing personal and Senate business," Binnie said.

Binnie was appointed as arbitrator last May to oversee the cases. Binnie reduced the repayment bill for 10 of 14 senators who challenged their expenses, cutting their total bill to \$131,853 from \$276,566.

THE CANADIAN PRESS

THE 2016 FEDERAL BUDGET

What are you hoping for?

It's more than just a big number. The federal budget will affect the day-to-day lives of Canadians — helping or hindering them as they look for jobs, work to educate themselves or save to buy a home. The Liberals have promised support for the country's rapidly growing cities, so Metro asked people in each of its seven urban markets what they want — and need — to see in Tuesday's budget. **Here's what they said.**



I would like to see more money given to post-secondary education, but also a renewed pledge to act on climate change.

ADRIAN CHOONG, 20, HALIFAX

'The roads in Ottawa need so much work. Public transit is doing well with the new O-Train coming, so I'd rather focus on roads and bridges.'

SUMAIYA NAWAR, 18, OTTAWA



'Without a roof over one's head, it's really hard to make a life of any quality... If we don't do something about (affordable housing) now, it'll have severe consequences for generations.'

RACHEL LISSNER, 27, TORONTO

'There definitely should be money for the workforce... It will help the economy and get things flowing.'

TAMAR TCHICAYA, 33, CALGARY



'Strong transit systems make strong cities, and Winnipeg is trying to build one. But we need help. I hope we'll see that.'

CIARA MACKINTOSH, 32, WINNIPEG

'Right now, I'm just paying interest on my student loan ... not adding to the economy. If you want to build a strong economy with people who can contribute rather than just struggling, that would help.'

MARIA MAVROGIANNAKIS, 31, EDMONTON



'I want to see (Trudeau) follow through with his promise to legalize pot. If he taxes pot, and puts more tax on cigarettes and alcohol, it could bring in a lot of money.'

PETER LEVARSKY, 22, VANCOUVER

Will Trudeau keep his promises? Five things to watch for



Luke Simcoe
Metro | Toronto

During the election campaign, Justin Trudeau and the Liberals pledged to work on repairing the relationship with First Nations and invest heavily in Canadian cities and youth. As the government gets set for its big budget reveal Tuesday, these are some of the Liberals' key promises to keep in mind.

1 INVESTMENT IN INFRASTRUCTURE

The centrepiece of the Liberal platform was a \$60-billion investment in infrastructure, spread out over 10 years. The plan is to spend a third of the cash on transit projects, a third on so-called "social infrastructure," like affordable housing, and another third on environmental initiatives. The government has also suggested it may be willing to commit more than its traditional one-third share to infrastructure projects.

2 YOUTH UNEMPLOYMENT

Recent data from Statistics Canada shows the youth unemployment rate hovering at about 13 per cent — nearly double the national average. To deal with that disparity, Trudeau and the Liberals have promised a \$1.5-billion jobs plan that would create 40,000 new jobs for youth every year for three years.

3 STUDENT DEBT

Trudeau promised to inject about \$750 million a year into the Canada Student Grants program, which would raise the grants for low-income, full-time students to \$3,000 a year.

4 DEFICIT SPENDING

The Liberals distinguished themselves from other parties in the election by pledging to run a deficit in order to spend more on important programs. However, they said the deficit would be capped at \$10 billion, a promise that could be broken come budget day. Recent indications from Finance Minister Bill Morneau suggest the actual deficit could be closer to \$20 billion, which complicates another Liberal promise: to balance the books by 2020.

5 INDIGENOUS COMMUNITIES

The Liberal platform contained a number of promises to Canada's First Nations communities, including a \$2.6-billion boost to aboriginal education funding and the promise of clean water for every indigenous community in four years. Some critics, including NDP MP Charlie Angus — whose riding includes the embattled Attawapiskat First Nation — have suggested the Liberals won't live up to their promises on the file, so this is definitely one area to watch on budget day.

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Staging with colourful patio furniture creates the feeling of home and welcomes visitors to sit and enjoy the outdoor space. ISTOCK

Staging with a bit of colour

HOMEOWNERS

Brighten up your home's exterior for extra attention

Lisa Evans

When selling a home, many homeowners understand the importance of staging the interior — removing clutter, painting a neutral colour and adding some fresh flowers to the hall table. But what about the exterior? “When people drive up to the front of a property, they sense whether a home is going to be a possibility for them,” says Carlo Sconza, a real-estate agent with Keller Williams. An inviting exterior makes buyers more receptive to viewing the home and can even lead them to overlook some imperfections inside.

One of the easiest ways to add pizzazz to the outside of your home is with colour. Here are a few creative tips to brighten your place and wow potential buyers:

Make the front door pop Painting the front door a different colour from the rest of the house is not only a great way to add a pop of colour to your home but gives it some personality.

“Adding colour just to the front door is a low-risk way to add character,” says Carson Arthur, star of HGTV’s Critical Listing. Millennials in particular list character among the top three traits they look for in a home. Benjamin Moore has a line of paints called “Grand Entrance” specifically designed for the front door.

Use colourful planters

Flowers are another quick and easy way to make your home more colourful.

But rather than planting a lot of flowers in the garden, purchase a couple of outdoor planters and put one on each side of the door, says Jill Appel, landscape designer and owner of Curb Appeal Garden Designs.

“It brings your eye right to the front door,” she says. If you have a porch, hanging planters are also a great way to draw the eye and add a touch of colour to your home.

“When people drive up to the front of a property, they sense whether a home is going to be a possibility for them

Carlo Sconza, real-estate agent with Keller Williams

Accent your outdoor living space

A front porch or back deck is an important selling feature as it adds extra living space to your home.

This area, too, is easy to enliven with colourful accents. Staging with patio furniture or even a small bistro table with two chairs creates the feeling of home and welcomes visitors to sit and enjoy the outdoor space.

Add brightly patterned cushions, a fun tablecloth or a fresh floral bouquet for extra charm. When people can see themselves enjoying the space, they’ll be more inclined to purchase the home.

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Selling a home: How to make a first impression

YARD LOVE

Just a little landscaping can add that elusive curb appeal

Lisa Evans

As the first thing potential homebuyers see, the outside of your home makes a big impression. According to a Century 21 study, first impressions can contribute seven to eight per cent to the value of your home. As you prep your home for sale, don’t forget to give your yard some love — a little landscaping can make a big difference. Here are some expert tips to get you started:

Show off the home's entrance

Clearing the pathway to your front door is a great way to create an inviting entrance. “People love homes where you can clearly tell where the door is,” says outdoor-design and lifestyle expert Carson Arthur. If your home doesn’t have a pathway, consider adding one in at low cost.

Clean up the lawn

Remove all evidence of a harsh winter from your front lawn, says Jill Appel, landscape designer and owner of Curb Appeal Garden Designs. This means pulling weeds from the lawn and gardens, cleaning the walkway, pruning overgrown shrubs and bushes, and removing any dead plants from your garden. Carson Arthur recommends top-dressing the lawn before putting up the For Sale sign. “A green lawn really attracts people,” he says. “It makes your lawn look healthy and well-cared for.”

Pare down front gardens

When it comes to planting in the front yard, less is more. A garden overloaded with plants can be intimidating to some buyers, says Arthur.

“People think, ‘Oh wow, that’s a lot of work, I’m not sure if I’m the right person for that,’” he says. Trimming back the garden, leaving a few plants and adding neutral-toned mulch can make your garden look low-maintenance and attractive to buyers.



Clearing the pathway to your front door is a great way to create an inviting entrance. ISTOCK



A green lawn really attracts people — clean up your yard before putting up the For Sale sign. ISTOCK

“Mulch makes the garden look well cared for and neat and tidy and it doesn’t intimidate anybody,” says Arthur.

Add lighting

Landscape lighting is a great way to highlight your home’s outdoor features during evening showings.

“If you have a beautiful weeping Japanese maple and you light it up, it’s gorgeous,” says Appel. Porch lights, as well as lights going up your walkway, help illuminate your home’s entrance and make it welcoming. Just make sure the bulbs are all working before putting your home up for sale.

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The U.N. weather agency has found 2015 was record hot and the first two months of 2016 even hotter. "These records vividly illustrate the destructive power of an El Niño on climate change steroids," says climate scientist Katharine Hayhoe.

Girls, need some ladyshoes?

PRODUCT TEST

Adidas thinks women don't need their shoes to go the distance

Zoe McKnight
Torstar News Service

I get up most weekday mornings around 5:30 a.m.

I usually head out in the near-dark for a run through Toronto's west end, down to Lake Ontario and back. I occasionally see another runner but most often, I'm alone. I have run three marathons, each with an under-four hour finishing time. I'm now training for the 30-kilometre Around the Bay Road Race in Hamilton, Ont.

I'm not the fastest runner but I'm committed. I've worn through countless pairs of running shoes. It had never occurred to me that women's feet could be so different from men's that they needed their own shoe. I recently tried the Adidas PureBoostX, which the sports company says is the first and only running shoe designed specifically for women runners.

Finally, I thought. A shoe that understands me. A shoe that listens.

"Flawless look. Effortless feel. A women's running shoe like no other," is how the marketing material describes the PureBoostX, which were released earlier this year and retails for \$130 on adidas.ca.



Zoe McKnight takes the Adidas PureBoostX for a spin. TORSTAR NEWS SERVICE

ARCH SUPPORT

It's all about perception

Adidas wanted to build a shoe that moved with the foot, particularly around the arch. All testing and research focused on women using a size 7 shoe, rather than a men's size. That would keep the materials flexible, Angus Wardlaw, director of futures for Adidas, says. The new shoe's mesh upper wraps around the foot, leaving a gap under the arch, like compression tights but for feet. It's called a 'floating arch.' According to comments an Adidas official made on the website, arch support for the PureBoostX happens on a "proprioceptive level." Proprioception is running jargon that refers to a body's sense of its own position and movement. I gather that means support is more about perception.

ZOE MCKNIGHT/TORSTAR



But what is women's running? This sends me in a tail-spin of doubt. My own runs, during heat waves and rain and Toronto's annual Snowmageddon don't feel effortless. Black toenails and salt stains don't look flawless. Trust me.

I'm a bit skeptical but Adidas seems to market the women's shoe for distance running.

"The longer your runs, the more kilometres you log each week. And the longer you keep up your routine, the less you're

willing to put up with shoes created for a man," the company's Canadian website says.

During my first couple of test runs, including a hill repeat workout and an easy 10K to the lake and back, the shoes feel bouncy at first. But near the end I can feel the pavement a little too keenly.

As part of my race training, I was due for a 24-kilometre run. I wanted to see how the shoes would do. I ran along the Martin Goodman Trail from Park-

dale in Toronto to Long Branch Park in Etobicoke and then home.

By the halfway point the bounciness seemed to give way, especially under the midfoot and toes. It felt like my own body weight was crushing and flattening the foam sole. I found myself wishing I had the beat-up trail runners I'd been wearing all winter.

When I told Adidas about my experience, the company said through a spokesperson

that my discomfort wasn't surprising, since the shoe is

really designed for distances between five and 10 kilometres, for women who include running as part of a larger workout routine.

I also spoke to an Adidas official about the rationale behind the shoes.

Distance running was once predominantly a man's sport but due to a "dramatic shift

over the last 10 years," women now outnumber men in North American road races, Angus Wardlaw, director of futures for Adidas, told me.

"It's moved this big, fundamental shift away from the serious, competitive aspect to much more of a social aspect dominated by female runners," Wardlaw says.

While it's true more men than women enter marathons, more women than men enter road races at all other distances, according to a report from Athletics Canada. American races have seen the same trend.

But the marathon boom has included women. In the U.S., just one in 10 marathon participants were women in 1980. In 2015, it was more than four in 10, according to Running USA. And more women than men enter half-marathons, no small feat at 21.1 kilometres.

Hmm. The half-marathon — or in my case, the 30K, which organizers told me was an even split between male and female participants this year — still seems like serious running. So women are less competitive than men? Really? Somehow I don't think Lanni Marchant wanted to qualify for the Rio Olympics any less than Eric Gillis.

I like the idea that a sports company is catering to women — Adidas insists it has big plans for the future of women's running — but not what this shoe seems to imply: that we don't seriously want to run.

We just want to feel like runners.

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REPRODUCTION

Fertility book updated after author uses own expertise

Rachel Lehmann-Haupt starts her memoir with a breakup. She ends it with a baby.

In her newly updated book, *In Her Own Sweet Time: Egg Freezing and the New Frontiers of Family*, Lehmann-Haupt charts her decade-long journey of researching women's fertility, making decisions about having a baby as a thirty-something single woman and her roller-coaster ride in searching for Mr. Right. The mission sends her to meetings for Single Mothers by Choice, offices of fertility specialists, online for sperm shopping and on operating tables to retrieve her eggs.

Lehmann-Haupt, now 46 and a mom to a 3-1/2-year-old boy, was reached by phone from her home in California.

Why did you want to update your book? Why not write a new one?

Mostly because I made a big decision when I turned 40 — I decided to have a baby on my own as a single mom by choice. And the trends in *In Her Own Sweet Time* focuses on just kept intensifying. Every week people would send me articles about the rising age of parenthood, studies about the fact that so many women over the age of 35 are choosing to have children on their own and that single motherhood is becoming a symbol not of instability but of women's economic stability in the new modern family.



Rachel Lehmann-Haupt, 46, is seen with her son Alexander. The writer has a book out about women's fertility and reproductive technology. AMANDA MATHESON/CONTRIBUTED

Where did you leave the book in 2009?

I was single still. I was living in New York at the time. I was 39 or 38, I'd had my eggs frozen and I was optimistic about the future. Recovered from a breakup and trying to figure out my next move, as I was on the runway to 40.

In terms of advances in IVF, what have you seen change from 2009 to now?

The really big progress that has been made is that in 2009, egg freezing was still considered experimental technology. The American Society for Reproductive Medicine (ASRM) had the experimental label on it even though it was being offered by endocrinologists in clinics across the country and marketed pretty heavily. In 2012 the ASRM took off the experimental label and said it's a viable reproductive technology.

Where do you think the fertility landscape is going to go from here?

One in eight American couples now experiences infertility or has trouble sustaining a pregnancy. The Centers for Disease Control and Prevention (CDC) put out a report in January saying that the (mean) age of motherhood continues to rise. The data showed that the percentage of women having their first child between ages 30 and 34 rose to 21 per cent in 2014, up from 16.5 per cent in 2000. The CDC also reported the birth rate for unmarried women has now declined, except among women 35 and older. I think that people are only going to lean more on advanced reproductive technology in the future.

You talk in the book about young women being uninformed about their fertility.

“I think that people are only going to lean more on advanced reproductive technology in the future.”

Is that still true?

It's still true. Even your regular OB/GYN doesn't typically talk to women about their fertility. Usually that conversation doesn't happen until they've run into fertility problems.

How are things going for you and your son now?

Things are going great. And I'm not just saying that. I think that choosing to have a child on your own is challenging but I have a really good job and I'm a little older and I'm in a much stronger financial position to provide for Alexander.

What do you hope people take away from this book?

Just that there are a lot of options. You take these stories and this data and you apply it to your own life but, ultimately, you are your own guide.

TORSTAR NEWS SERVICE

FITNESS

Secret to rocking the 'squatty potty'

YuMee Chung
Torstar News Service

Have you heard the news? Squatting is the new black.

It seems the benefits of deep squats are being touted by everyone from yoga teachers to CrossFit coaches to doctors, midwives and birth doulas. This complex movement is said to improve the condition of the pelvic floor, strengthen gluteal muscles, contribute to ankle mobility and enhance core stability.

If squatting is a foreign concept to you, give our supported version a try. All you need is a couple of towels or yoga mats and a desire to reclaim this basic human movement pattern.

ing the pelvis forward and sticking out your backside. By the way, this is the secret to rocking the "squatty potty."

4. Provided your knees are comfortable here, hang out in your supported squat for a minute or two.

As your comfort with this exercise increases, decrease the size of the prop under your heels and behind your knees.



The Supported Squat

1. Perch your heels on a tightly rolled towel or yoga mat. The feet will be about shoulder distance apart and facing in the same direction as the kneecaps.
2. Place another rolled towel or yoga mat behind the fold of your knees as you squat down.
3. Maintain a neutral curve in your low back by tilt-

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

HEALTH BRIEFS

Testicular cancer not a death sentence

Testicular cancer is the most common form of the disease in young males and a new study out of the University of Calgary is showing a cure rate of almost 100 per cent in patients who are disease-free two years after diagnosis and treatment.

Researchers at the university collected data from about 1,000 metastatic testicular cancer patients over a 12-year period and found that there was a 98 per cent cure rate for those men who were free of the disease two years after diagnosis and treatment.

THE CANADIAN PRESS

MENTAL HEALTH

Meditation helps weight level

When embarking on a diet, the focus is usually on healthy eating and exercise. But here's a look at some of the recent scientific studies that have found meditation beneficial to maintaining a healthy weight:

- Researchers from Vanderbilt University School of Medicine, USA, recently found mindfulness meditation beneficial to the prevention and treatment of obesity in children.
- A French NutriNet-Santé study from December 2015

revealed that regular meditation could reduce the risk of obesity by 50 per cent. Practicing at least one activity that focuses on mind and body — such as meditation, yoga, sophrology, qigong or tai chi — was linked to a lower risk of being overweight and an even lower risk of obesity compared to people who never took part in this kind of activity.

- A national survey of 1,000 participants conducted by Orlando Health in December 2015 found that success-

ful weight loss was dependent on the management of emotions and psychological well-being. However, 90% of those surveyed weren't aware that addressing emotional issues was an essential component of successful weight loss, leading them to regain weight at the end of a diet.

- People who pay more attention to their thoughts and feelings in the present moment had lower levels of abdominal fat, according to an American study published in October 2015. AFP



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THIS WEEK: Oral Cancer - Symptoms and Treatment

If you want a No. 1 song, you better keep it brief



TRENDS

Track titles are shrinking according to new study

Hello pop stars of the world: we're Sorry if this sounds Rude, but it's become clear Here that long song titles are simply no longer in Style.

A new study by Priceonomics proves that we've entered a brave new era of brevity in pop music, where one-word wonders keep the charts Happy and long-winding tune names Don't often Work.

"The music industry has gotten very precise and they do every little thing at the margins to make the chances of the investment succeeding as high as possible," says Dan Kopf, who authored the study.

Yes, pop music is losing its characters, and a look through history shows it was a long road to such short titles.

Kopf found that single-word titles comprised only 8.8 per cent of Billboard Hot 100 songs in the 1960s, a decade that featured such No. 1s as I Want to Hold Your Hand and (Sittin' On) The Dock of the Bay.

That number climbed to 9.7 per cent in the 1970s, 11.1 per cent in the 1980s and 13.2 per cent in the 1990s.

With the turn of the millennium, the brevity movement really found momentum. In the 2000s, 19.9 per cent of charting singles featured a one-word title and, so far this decade, it's an unprecedented 23.2 per cent.

And single-word singles aren't just charting more, they're charting higher. Since 2010, 28 per cent of songs reaching the top 20 had a one-word title.

The age of pithy pop extends beyond just the one-word hits; the average length of a Hot 100 song title has

shrunk from 3.76 words in the 1960s to 2.72 this decade.

Kopf figures it's the economy fuelling all this new-found economy.

"I believe it's the result of the Internet and the digital age, and the emphasis on the single away from the album," he mused.

The all-time King of Curt is Drake, whose average of 2.47 words per song title renders the perennially ahead-of-the-curve rapper the most succinct star in the 50-year-plus period Kopf examined.

Taylor Swift is just behind him with 2.48 words per title, followed by Justin Bieber (2.53), Rascal Flatts (2.68) and Madonna (2.82).

"Drake is sort of the ultimate modern pop artist, and he seems so aware of what works and what people are looking for in contemporary music," Kopf said.

Well, he has competition in concision from Vancouver garage-punk duo the Pack A.D. (pictured second from right), who produce songs that are fat-free, in both sound and title.

Their last album, 2014's Do Not Engage, averaged 1.6 words per song title, and 2011's Unpersons a mere 1.5 words per title.

"We always take the song titles from the chorus... and we've been very guilty of using one or two words on repeat in our choruses," laughed drummer Maya Miller, whose band just released the single So What.

"It's what gets stuck in your head, I guess," she said.

"It seems to me you want it to be short. Usually, it's easier for people to only read one or two words instead of five or six. Maybe you assume no one has time for five or six words."

At the other end of the short-and-sweet spectrum lies Toronto fuzz-folk outfit the Wooden Sky.

Their most recent record,

2014's Let's Be Ready, let its hair down with 4.0 words per song. Singer Gavin Gardiner had never really pondered the issue at any, you know, length.

"Song titles, book titles, or short stories: (long titles) seem to add more gravity or weight," he suggested.

"Maybe having a long title makes it feel less disposable. Maybe it makes sense that things are becoming shorter and feeling more disposable."

Still, with a new album in the works, that's not his last word on the subject.

"Maybe I'm just going to have to change my attitude on things," he said with a laugh.

TORSTAR NEWS SERVICE

MUSIC

Billboard brevity by the numbers

• **Shortest-titled single on Hot 100, week of March 26, 2016:** No, Meghan Trainor (No. 11)

• **Longest-titled single on Hot 100, week of March 26, 2016:** I Know What You Did Last Summer, Shawn Mendes & Camila Cabello (No. 71)

• **Number of single-word chart-toppers in the 2010s:** 17

• **Shortest-titled chart-topper of the 2010s:** E.T., Katy Perry

• **Longest-titled chart-topper of the 2010s:** We are Never Ever Getting Back Together, Taylor Swift

• **All-time longest-titled chart-topper (words):** You Don't Have to Be a Star (To Be in My Show), Marilyn McCoo and Billy Davis Jr. (1976)



JOHANNA SCHNELLER
WHAT I'M WATCHING

How bad characters can break your favourite shows

THE SHOW: Mozart in the Jungle, Season 1, Episode 5 (Shomi)
THE MOMENT: The Crazy Wife

Excitable New York orchestra maestro Rodrigo De Souza (Gael Garcia Bernal) begs his assistant Hailey (Lola Kirke), an oboist, to promise him that "under no circumstances will you allow me to go backstage" after the performance they're about to watch.

Because the violinist is his estranged wife, Anna Maria (Nora Arnezeder).

The curtain parts. A gorgeous blond demon with raccoon eye-liner saws away. The audience applauds. "Shut the f— up!" she shrieks.

Of course, Rodrigo goes backstage. He and Anna Maria veer between catching up ("It's nice for one's technique to practice bowing on a floating ice shelf" in Greenland," she says); arguing ("Does it bring your ego pleasure, making dead music remarkable only for its artifice?" she snarls); and necking. When Hailey interrupts, Anna



Nora Arnezeder plays Anna Maria, the estranged violinist wife of Gael Garcia Bernal's Rodrigo in *Mozart in the Jungle*.

CONTRIBUTED

Maria flies at her.

As Hailey and Rodrigo exit, swearing follows them down the hall. "I told you not to let me go in!" Rodrigo says.

Sigh. Up to now, I'd been high on this series, about the backstage lives of professional musicians. I love seeing their apartments, bed hops, bad habits, freelance jobs (recording soundtracks for slasher films, playing in the pit of rock musicals). Some plot lines teetered on the edge of whimsy, but

the terrific direction — by the likes of Paul Weitz and Bart Freundlich — kept it in check.

Until Crazy roared in. Just as a great character can make a series, a disastrous one can break it.

Swear at me all you want, Anna Maria, but please go back to Greenland. Soon.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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Changes ahead for the capital

WHAT'S AHEAD

2016 a big year for Ottawa arts, transit and infrastructure

JENTRAPLIN

From transit to craft beer, festivals to condos, the past year has seen the National Capital Region undergo a number of significant changes — and even more lie in the year ahead.

Light rail (LRT) is arguably the most radical ongoing transformation in the City of Ottawa, and 2015 was a marquee year for the project.

A deal to completely bury the western light rail extension under the Sir John A. Macdonald Parkway was finally reached, putting an end to a long rift between the City and the National Capital Commission. Major changes were also made to downtown bus routes to accommodate light rail construction. Finally, details on Stage 2 were announced, which includes the possibility of an airport link and a further extension to Trim Road in Orleans.

Last May, condo sales were launched for the highly anticipated — and controversial — Zibi redevelopment project on the old Domett land along the Ottawa River. Zibi bills itself as a world-class, sustainable waterfront community in an area previously closed off to the public for decades.

Last year also saw the complete overhaul of two of the city's major festivals — Capital Pride and the Ottawa Folk Festival, which rebranded itself as CityFolk and relocated from Hog's Back Park to The Great Lawn at Lansdowne Park. Under new leadership, Capital Pride



2016 is already shaping up to be another exciting and transformative year, including the unveiling of the 2017 program. ISTOCK

switched up its parade route, opting to focus on Bank Street and The Village rather than Ottawa City Hall.

The momentum of Ottawa's craft beer scene continued to build in 2015, a year that saw nearly half a dozen new breweries and brew pubs open their doors, including Bentley Brewers and Tooth and Nail Brewing Company.

2016 is already shaping up to be another exciting and transformative year for the city in a number of ways. For starters, the entire Ottawa 2017 program will be unveiled this year. We may also have a bit more of an understanding of

the direction the redevelopment of Lebreton Flats will take as well as the much disputed location of the Central Public Library.

The revitalization of the National Arts Centre will continue through the year with a planned unveiling scheduled for Canada Day 2017.

There could also be a major overhaul to cab and Uber service as City Council gets set to unveil a long-awaited report on taxi regulations. Likely in preparation of the proposed changes, Uber has already instructed its drivers not to pick up passengers at the Ottawa International Airport.

Food scene is alive and well in Ottawa

Despite the highly publicized recent closures of some popular food hotspots, like historic diner Mellos in the ByWard Market, local foodies say the scene in Ottawa is still very much alive and well.

"Every second or third doorway along Wellington Street West leads to a licensed dining room," says Don Chow, who co-wrote the book *Ottawa Food: A Hungry Capital* with his wife Jennifer Lim.

"Elgin Street is redefining itself as a gastronomic alleyway as is Centretown's Somerset Street."

Chow points to Datsun, El Camino, The Manx, Town, Beckta Dining and Wine and the soon-to-open, consolidated Whalesbone as examples of Elgin's rich restaurant culture and Union Local 613, Share Freehouse and Northman on Somerset.

Part of the success of Ottawa's food scene, Chow believes, is that the city is an "incubator of culinary talent," thanks to top notch schools like Le Cordon Bleu and Algonquin College's School of Hospitality and Tourism.

A number of talented, local chefs are now making waves internationally, including Kyrn



Kale and beef agnolotti from Supply and Demand (1335 Wellington St. W). DON CHOW

Stein, formerly of Social, who is headed to the two-Michelin star Sat Bains in Nottingham, England and Ben Ing, head chef of Noma in Copenhagen, Denmark.

The people here also clearly care a lot about food. Mark Warburton is one of them. Nearly ten years ago, he created ottawafoodies.com, an online portal for local food lovers that boasts over six thousand members from the Ottawa area.

His thoughts on the local food scene echo Chow's in that the city is certainly a breeding ground for good food and gifted chefs.

"Ottawa is fortunate to have a vibrant community of talented and dedicated chefs who sup-

+ NEXT EVENT

Don Chow and Jennifer Lim speak at the next CreativeMornings event on Saturday, April 1 from 8:30 to 10 a.m. at Lowertown Brewery (73 York St.) Admission, coffee and breakfast is free if you register first at CreativeMornings.com.

port each other, often collaborating for charitable events or just to switch things up," says Warburton.

Despite all of this, Chow admits Ottawa still has a long way to go before we join the ranks of Montreal, Toronto and Vancouver as a true Canadian food destination.

"We've a significant range of dining options from fast casual to fine dining. Many of Ottawa's restaurants have been featured in Air Canada's enRoute magazine's best new restaurants in Canada," he says.

"Are we a food destination, yet? No, but you can eat very well in the city." JENTRAPLIN



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Giving refugees 'the tools to survive'

IMMIGRATION

Long-term housing still a need for many new in Canada

JEN TRAPLIN

Ever since crossing the threshold of Canada's goal of 25-thousand, the flow of Syrian refugees to this country has slowed considerably, which is a welcome relief to the groups tasked with finding housing solutions for the newcomers.

Recently, Immigration Minister John McCallum announced that 69 per cent of the refugees who have arrived have already been housed, while the remainder are still living in hotels. McCallum expects nearly all to be in long-term housing by June.

Of the tens of thousands of refugees who have recently arrived in Canada since November, roughly 1,200 (the majority of which are government sponsored) are now here in Ottawa. Both privately and

publicly sponsored refugees receive financial support for only one year so the City is already taking steps to ensure the newcomers are set up for success when that funding runs out.

During his annual state of the city speech in January, Ottawa Mayor Jim Watson named Gloucester-South Nepean Councillor Michael Qaqish, who is fluent in Arabic, the city's new liaison for refugee settlement.

"Michael's job is really to monitor the progress that we're making and see where we think there are going to be problems down the road so we can ensure that these men, women and children become success stories and not challenges, post the 12 month period," says Watson.

Qaqish says the City's main priority is streamlining and coordinating efforts to ensure as smooth a transition as possible.

"We're trying to give them all the tools they need to survive — we're working on employment clinics and a job fair for this spring or summer so we can connect them with local business leaders," he explains, adding fundraising

+ BACKGROUND

Refugees in Canada by the numbers:

26,176 - number of Syrian refugees who have arrived in Canada since November 2015.

261 - communities across Canada who have welcomed refugees (not including Quebec).

99 - government organized flights of Syrian refugees that have arrived in Canada.

2,263 - number of refugee applications that have been finalized, but have yet to travel to Canada.

13,268 - refugee resettlement applications in process.

SOURCE: MINISTRY OF IMMIGRATION AND CITIZENSHIP

efforts are also underway in order to help out financially.

"There are already ten thousand people on the waiting list for affordable housing in Ottawa and we don't want to add to that so we're doing everything we can to successfully integrate the refugees."



The Honourable John McCallum, Minister of Immigration, Refugees and Citizenship, welcome newly arrived Syrian refugees in Toronto. IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA

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Neighbourhood evolution

WORK IN PROGRESS

Hintonburg turns corner as Quartier des artistes Arts District

JEN TRAPLIN

Thanks to hundreds of millions of dollars of both private and public investment in recent years, the City of Ottawa has completely transformed; an evolution that is still very much a work in progress.

One of the neighbourhoods that has undergone some of the most drastic changes is Hintonburg, part of City Councillor Jeff Leiper's Kitchissippi Ward.

A longtime member of the area's community association and a passionate advocate for Hintonburg specifically, Leiper says the major troubles of the past are no longer an issue there.

"20 years ago, Hintonburg was challenged by problems with street prostitution, hard drugs and bad landlords," says Leiper, adding it was around that time the Hintonburg Community As-



Since Hintonburg became the city's official arts district, arts are being weaved into all parts of the neighbourhood, including new restaurants. ISTOCK

sociation was formed in order to push City Hall and Ottawa Police to clean up the area.

One resident in particular, Charles Reynolds, urged the group to declare Hintonburg the city's official arts district. So they did, Leiper says, calling the area the QUAD, which stands for Quartier des artistes Arts District.

Soon, the arts were being weaved into every part of Hintonburg, particularly in the new restaurants and shops, which used their walls as gallery space to promote local artists.

Leiper admits it may have just been blind luck, but says businesses and residents have simple

"bought into" the idea of Hintonburg, causing it to become one of the trendiest neighbourhoods in the city.

"I think Hintonburg is a really, really interesting story and I think we're going to see Vanier reproduce some of it," says Leiper.

While still years behind the revitalization Hintonburg has seen, the face of Vanier has certainly changed as well, thanks to a number of new businesses setting up shop along Beechwood Avenue and an increase in condo development. Rideau-Vanier Councillor Mathieu Fleury admits he's happy with the progress, not just in Vanier, but across his

ward, pointing to the recent revitalization of Rideau Street, the Shaw Centre and Rideau Centre in Ottawa's downtown.

"That entire precinct has seen an influx of reinvestment over the past five years and you can almost bookend the NAC's investment with the Ottawa Art Gallery expansion and Arts Court renewal," he says.

Another major project Fleury is anxious to get off the ground is the proposed interprovincial truck tunnel connecting the 417 to the MacDonald Cartier Bridge. Fleury expects the results of the tunnel's feasibility study to be released in a few months.

2017 FESTIVITIES

Getting closer to 150 years

With just nine months to go before the official kickoff to the 2017 festivities here in Ottawa, Mayor Jim Watson admits he can hardly contain his excitement over the way things are coming together for Canada's 150 birthday.

"It's going to be a really fun year and we still have many more announcements to come in the next couple of months," Watson says. "Our goal all along has been to ensure that we took the enthusiasm and pride that we have on July 1st and spread that from January 1st to December 31st in 2017."

In just the first three months of the year, Ottawa 2017 organizers have already announced a number of additions to the yearlong celebrations, including Red Bull Crashed Ice and the Canadian Tire National Skating Championships.

There are a number of previously announced marquee events as well — the JUNO Awards and JUNO Week, for example.

"What's been announced,

2017 EVENTS

- Red Bull Crashed
 - 2017 JUNO Awards and JUNO Week
 - Canadian Videogame Awards
 - Tim Hortons Roar of the Rings
 - Canadian Tire National Skating Championships
 - Canadian Track and Field Championships
 - Whitewater Canoe Kayak National Championship
 - Canadian Pacific Women's Open
- For more information, visit ottawa2017.ca.

so far, is just about one third of the overall program," admits Ottawa 2017 executive director Guy Laflamme.

"I don't think people have any idea of the scope of what we have been working on. Crashed Ice was a good indication but that's just the beginning of a series of big announcements."

Laflamme is still patiently waiting on confirmation of two other big ticket events — the 2017 Grey Cup and an outdoor NHL game. He's hoping by early spring, the Ottawa 2017 team will have announced the entire program for the year. **JEN TRAPLIN**

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Government of Canada / Immigration Canada

No magic run this season

NHL

Senators seven points from playoffs with nine games left

Sitting seven points out of the final wild card-spot in the Eastern Conference, the Ottawa Senators will likely play their final nine games for pride.

Players say that's reason enough to play your best, but there's a feeling around the Senators that this season slipped away.

After making an unbelievable second-half run last season, going 23-4-4 to earn a playoff berth after being 14 points back, the Senators figured to be back in the post-season this year.

"I thought this was the year that we were going to be able to take a step forward as a team and kind of grow off what we did last year, to a degree," said forward Bobby Ryan. "I think everybody got a lot of good experience in that stretch. We weren't able to sustain it into this season and I don't know where that disconnect is. It's something that we're going to have to ponder and it's going to be a long season thinking about it."

Last year's playoff run was one-of-a-kind. The Senators were unlikely to repeat it this year, and forward Zack Smith said they shouldn't have needed to.

"It almost seemed that ever since January it felt like people, media, were implying that we



Andrew Hammond and the Sens haven't recreated last spring's surge. JUSTIN TANG/THE CANADIAN PRESS

needed to go on this run like we did last year and looking back that wasn't the case at all," said Smith. "We didn't need to go 32-of-36 to make the playoffs. It's frustrating looking back to see there's a few games here or there that we let go and, if we got those points, we'd be right in the mix right now."

"It's disappointing to look back to see the odd game that we kind of gave away or the

"We practise it, we work on it, we discuss it, but you have to execute it. Senators coach Dave Cameron

work ethic wasn't there, which is probably the biggest frustration."

Inconsistency was a theme this season for the Senators (34-31-8). Their longest winning streak was four games, which happened only twice. The rest of the year they never managed

to win more than straight.

"If you end up missing the playoffs by two points you think about a lot of different games that you let slip away to teams that aren't quite up there," said Ryan. "We've consistently, I think, played up to the level and down to the level

and that's the mark of a team that's not going to be able to go late in to May and early June."

Mathematically the Senators aren't out of the playoffs, and until told otherwise they will continue to play with the mindset they have a chance. But they know they'll need to be at their best every single game — and, even then, that might not be enough.

Tuesday night the Senators face the league-leading Washington Capitals (51-15-5), who beat Ottawa 7-1 in their last meeting Jan. 10.

"The motivation level should be there from everybody in this group, otherwise it won't be a pretty night," said defenceman Marc Methot. "We're going to have to have one of our better games of the season and hopefully put on a good show."

The Senators are coming off a 5-0 win over the Montreal Canadiens. They scored three short-handed goals, but the power play continues to struggle.

The Senators haven't scored with the man advantage in the past nine games, going 0-for-23.

"We have to be better," said coach Dave Cameron. "We practise it, we work on it, we discuss it, but you have to execute it."

Craig Anderson will get the start in goal Tuesday night. Defenceman Patrick Wiercioch isn't expected to play in any of the three games this week as he deals with an upper body injury, but left-wing Clarke MacArthur is getting closer to returning from a concussion and is hopeful to play before the end of the season.

THE CANADIAN PRESS

IN BRIEF

Crosby NHL's star of week
Pittsburgh Penguins centre Sidney Crosby has been named the NHL's first star of the week as he continues his resurgent second half of the season.

Cole Harbour's Crosby had two goals and five assists in four games as the Penguins (40-24-8, 88 points) extended their winning streak to six games. THE CANADIAN PRESS

Simmons to enter draft

LSU freshman forward Ben Simmons, who led the Tigers in scoring, rebounds and assists this season, says he is leaving the Tigers to turn pro.

Simmons, who made his announcement in an interview published Monday by ESPN, says he will soon hire an agent and enter the NBA draft, for which Simmons has been widely projected as a top overall pick.

THE ASSOCIATED PRESS

Rugby star dies at 35

The Canadian rugby community was left in shock Monday at news that former international John Cannon died Saturday at 35 of a suspected heart attack.

Cannon, a hard-nosed centre, was a member of Canada's squad at the 2003 Rugby World Cup and won 31 caps for Canada between 2001 and 2007. He played professionally in England for Rotherham, Doncaster and Coventry.

THE CANADIAN PRESS

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Weary Canada falls to Russia

WORLD CHAMPIONSHIP

Carey and Co. stumble in final frames in first defeat

It was a frustrating, tiring morning for Chelsea Carey at the women's world curling championship.

The Canadian skip dropped a 6-3 decision to Russia's Anna Sidorova on Monday morning in Draw 6 action at the Credit Union iPlex in Swift Current, Sask. Carey missed shots in the seventh, eighth and ninth ends as the win slipped from her grasp.

"I just didn't sleep last night and I wasn't in a great head-space and I fought hard to get there and I just couldn't get it together," Carey said.

Russia (3-1) used a conservative style in the early going and capitalized on a missed takeout by Canada (3-1) in the seventh end for a decisive two points. Sidorova, with the hammer, threw an easy draw for two and a 4-3 lead.

"I missed one shot and that



Team Canada, led by Chelsea Carey, right foreground, fell to Anna Sidorova's Team Russia in Draw 6 of the women's world curling championship on Monday in Swift Current, Sask.

JONATHAN HAYWARD/THE CANADIAN PRESS

really turned the tables," said Carey. "If I make that shot it totally changes the momentum of the game. We weren't able to recover."

Canada was too light on its attempt at a tap in the eighth end, giving Russia another point.

"It's not so much frustrating that we lost, it's that we handed it to them."

Chelsea Carey

The struggles continued for Carey in the ninth end as she failed on an attempted triple takeout. Instead, Russia stole a point to make it 6-3 heading to the final end.

Sidorova kept the house clear in the 10th end, with the Canadians shaking hands

with a stone still to throw.

"I was really tired this morning, which didn't help anything," said Carey. "That's not necessarily enough to cause you to lose."

"It's not so much frustrating that we lost, it's that we handed it to them."

Carey's Calgary-based rink had been the last undefeated team at the tournament as Japan (3-1) was upset by Denmark (2-2) earlier in the same draw.

Sidorova is a two-time European champion and has won bronze twice at the world championships while Carey is making her debut at this event. Canada hasn't won world women's gold since 2008.

"We're happy to win against Canada because you guys have the greatest team in the world," said Sidorova. "This is a big win for us. But it means nothing, as we still have lots of games to play."

THE CANADIAN PRESS

Go to metronews.ca for coverage of Canada's late draw against Sweden's Margaretha Sigfridsson.

IN BRIEF

WTA Tour CEO alarmed by criticism of women's game

The former tournament director at Indian Wells who now runs the WTA Tour calls his successor's critical comments about women's tennis players "disappointing and alarming."

Before Sunday's final at the BNP Paribas Open, current tournament director Raymond Moore said that women "ride on the coattails of the men." He later issued a written apology.

Moore's longtime colleague at Indian Wells, Steve Simon, became the WTA's CEO last fall.

"As the tournament director of one of the pre-eminent events in professional tennis, the comments made today by Raymond Moore were extremely disappointing and alarming," Simon said in a statement.

"The WTA stands on its own and was founded on the principles of equality and empowerment."

THE ASSOCIATED PRESS

PF Davis unlikely for Rio

Anthony Davis virtually ruled out playing for Team USA in this summer's Olympic Games on Monday as he prepared to begin treatment on knee and shoulder injuries that have ended his fourth NBA season early.

Davis has a torn labrum in his left shoulder — which will require surgery — and tendinitis in his left knee.

THE ASSOCIATED PRESS

BLUE JAYS

Financial flexibility a factor in slugger decisions

Jose Bautista already told the Toronto Blue Jays what it'll take to keep him. Edwin Encarnacion doesn't think he'll be back next year.

It's too early for the defending AL East champs to worry about losing their biggest sluggers.

Then again, letting Bautista and Encarnacion walk — after a season the organization and its fans hope ends with a World Series title — could still have a positive impact on Toronto's future.

"If you deduct that from the payroll and you're still a con-

tending team, you're going to add back players that offset (the loss) and obviously you get draft picks," Blue Jays president Mark Shapiro said Sunday. "Those aren't things we're thinking about now."

Bautista, a six-time all-star,

made it clear when he arrived for spring training that he wants a big raise. Something like \$150 million over five years might be his goal. The 35-year-old right fielder will make \$14 million this season.

The 33-year-old Encarnacion

will earn \$10 million this season and he told the Toronto Sun he doesn't think he figures into the team's future. Encarnacion, a two-time all-star first baseman/designated hitter, has not appeared in a spring game due to injury. THE ASSOCIATED PRESS

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RECIPE Tomato Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Let's just get this out of the way: yes, it's a lot of garlic. Yes, roasting will turn the tomatoes and the garlic into caramel-y, sweet heaven and yes, you'll end up addicted to this soup.

Ready in
Prep time: 5 minutes
Cook time: 1 hour 20 minutes

- Ingredients**
- 8 plum tomatoes, halved
 - 6 cloves garlic, peeled
 - 3 Tbsps olive oil
 - sprinkle of sea salt
 - pinch of pepper
 - 3 Tbsps butter, divided
 - 1/2 cup of chopped sweet onion
 - 4 cups vegetable broth
 - 2 tps fresh rosemary
 - 1 Tbsp spelt flour

Directions
1. Preheat oven to 400. In a large baking dish, arrange tomatoes

and garlic and then drizzle with olive oil, salt and pepper. Roast tomatoes for one hour, stirring occasionally. Remove dish from oven and allow to cool.

2. Meanwhile, put 2 Tbsps butter into a large saucepan over medium heat. Add onion and rosemary and sauté until onions are translucent. Add broth and tomato mixture. Cover and allow to simmer for about 20 to 25 minutes, stirring occasionally.

3. Working in batches, transfer soup into a food processor to puree. You can also use an immersion blender. Return soup to saucepan

4. In a small, separate frying pan, melt 1 Tbsp of butter over low heat. Add flour and whisk until blended. Blend roux into soup and season to taste with salt and pepper and simmer for another few minutes.

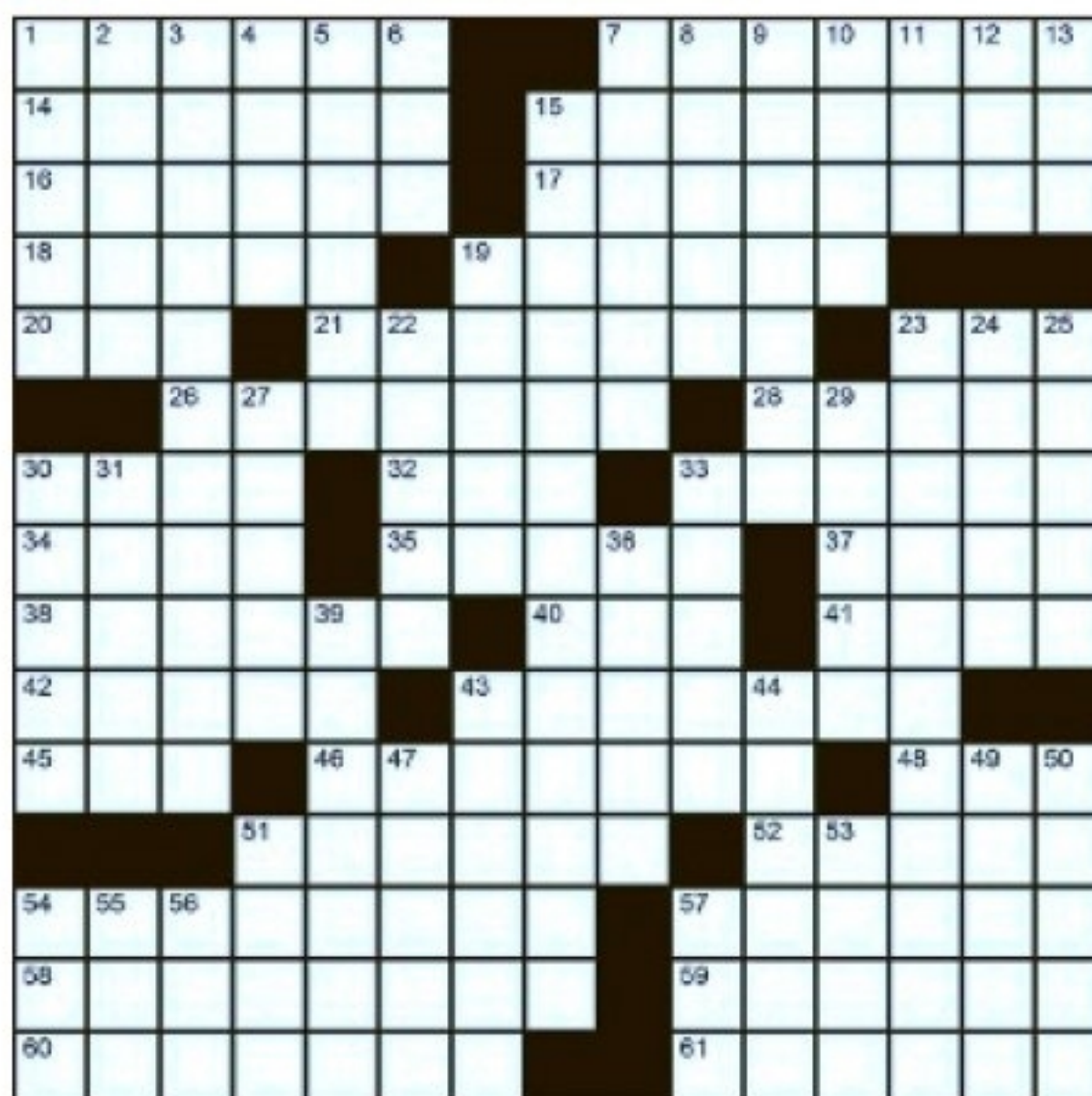
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Alcove
- "But of course!" in Paris: 2 mots
- Above, in Montreal: 2 mots
- Swordplays
- Expresses
- Adze, for one: 2 wds.
- Retro toy, with Sketch: 2 wds.
- Lawyer documents
- Pastureland
- Ontario/New York border river
- "Heartland" network
- Phil Collins band
- Martin's first wife in Sinclair Lewis' 1925 novel Arrowsmith
- Math subj.
- Try
- Full-scale
- "Import" suffix
- Celebrate
- Ron Howard role
- Loan shark
- Opposite WSW
- Soaks flax
- 43rd President Bush's nickname
- Outfitted, knight-style (var. sp.): 2 wds.
- Y-ending word's plural suffix
- Oranges brand
- But, Latin-style
- Mix the mixture more
- San __, California
- Group of Seven member: initials + surname
- Agreement
- Quebec: City



situated on Lac Saint-Jean
59. Bug variety
60. Mr. Brule (17th-century explorer/interpreter in New France)
61. __ Creek, Ontario

DOWN

- Party hearty
- WWW memo
- The Chatham, Ontario born pitcher at #15-Down won the National League Cy Young Award in 1971 when playing for what team?: 2 wds.
- Apiece
- Sitcom role for Betty (More at #44-Down): 2 wds.
- Li'l roads
- The __ (Belonging to news coverage providers)
- Wrath
- Glacier's fro-

zen cascade
10. Doesn't stand
11. Yoko __
12. Actor Mr. Tognazzi
13. Geog. feature
15. As per #3-Down... Inducted in 1991, the first and only Canadian in the National Baseball

Hall of Fame (More at #23-Down): 2 wds.
19. River drainage area
22. Drake's "Best __ Had"
23. As per #15-Down... New York State locale of the National Baseball Hall of Fame
24. Noise: French
25. Ms. Blanchett's
27. Manicure board
29. 'The gold' in Spain: 2 wds.
30. Spanish architect Antoni
31. Result
33. Australia's famous Rock
36. Broadcasting: 2 wds.
39. Gradually incorporates: 2 wds.
43. Chant
44. Mimsie, in 1970s TV producing: acr. + animal
47. Bernie Sanders, e.g.: 2 wds.
49. Mysterious
50. Uncertain
51. Rapini, aka Broccoli __
53. 'Height'-meaning prefix
54. Fruit drink
55. Particular plane
56. Marg's fave TV letters
57. Old Rome bronze money

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Tomorrow, the only Full Moon opposite your sign all year will occur. This is why you might feel tension when dealing with partners and close friends. Stay chill.

Taurus April 21 - May 21
Problems get worse just before every Full Moon. Then after the Full Moon peaks, they diminish. This is why you might feel tension on the job today before tomorrow's Full Moon.

Gemini May 22 - June 21
Parents need to be patient with children today, because they can feel the tension building up before tomorrow's Full Moon. Similarly, romantic relationships might suffer.

Cancer June 22 - July 23
Because the Moon is your ruler, you naturally feel tension building up today before tomorrow's Full Moon. You feel pulled between the demands of home and family versus the demands of your job or career.

Leo July 24 - Aug. 23
Be careful today. Mental and emotional distractions that build up today (before tomorrow's Full Moon) could make you accident-prone. Be aware!

Virgo Aug. 24 - Sept. 23
Avoid financial squabbles with others or arguments about something you own. If you wait until after the Full Moon peaks tomorrow, these matters will be less important. They might even disappear!

Libra Sept. 24 - Oct. 23
Tomorrow, the only Full Moon in your sign all year will take place. That's why today, you feel tension with partners and close friends. Be patient and tolerant.

Scorpio Oct. 24 - Nov. 22
It's important to know that difficulties with others, especially at work today, might be gone in 24 hours. That's because after tomorrow's Full Moon, things relax.

Sagittarius Nov. 23 - Dec. 21
Be patient when dealing with friends and members of groups today, whether casual get-togethers, classes, meetings or large conferences. People get touchy just before the Full Moon!

Capricorn Dec. 22 - Jan. 20
Tomorrow's Full Moon creates a quandary for you today. You feel like you can't please both your private world and your public world. (You can't ignore home and family.)

Aquarius Jan. 21 - Feb. 19
Today has an accident-prone energy for you because of the buildup of tension before tomorrow's Full Moon. Therefore, pay attention to everything you say and do. Be alert.

Pisces Feb. 20 - March 20
Financial disputes might come to a head today. However, after the Full Moon peaks tomorrow, issues will be resolved.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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